



# ***Relationship Between Clothing Comfort and Human Performance***

## ***Overview:***

This newly initiated research examines the variables that influence perceptions of comfort and how comfort levels may impact performance. Studies are conducted in both controlled and field settings and combine theoretical frameworks from the fields of psychology, consumer behavior, physiology and sensory science.

## ***Description:***

**Objective:** To begin to understand the fundamental principles underlying the perception of comfort and explore the mechanisms by which perceived and actual comfort may influence physical and cognitive performance of job tasks.

## ***Approach:***

- Develop psychological measures of comfort that discriminate between fabrics/materials of interest for use in military clothing.
- Define and compare consumer perceptions of comfort to trained panel assessments.
- Develop an integrated measure of job task performance and assess how clothing comfort affects this performance.

## ***Applications:***

- Study results will ultimately be linked with studies of the effects of fabric type, garment construction, garment fit, the physiological and environmental conditions and the psychological aspects associated with the garment to more fully understand the aspects of clothing comfort that are related to performance.
- The measures of clothing comfort and job performance will be useful for future military clothing development and will have potential application to other military product areas as well.

## ***Point of Contact:***

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rev 11-26-01